

clean out the fridge fried rice

This dish has been used as a way to use up left over rice in Chinese culture for a long time! These recipe is a great way to create a balanced meal and use up what is in the fridge! Feel free to play around with what veggies and protein you use!

Total time: 30 minutes minutes // Yields: about 4-6 servings



ingredients

- 2.5 tbsp butter (can substitute sesame or neutral oil)
- 2 eggs, whisked
- About 2-4 cups of chopped veggies
 - The classic: 2 medium carrots, 1 onion, 1/2 cup frozen peas, 4 green onions
 - Other fun veggies: broccoli, cauliflower, mushrooms, turnips, etc. (can use fresh, frozen, or canned)
- 4 cloves of garlic, minced
- 1 inch knob of ginger, minced
- Protein of choice:
 - About 1 lb shrimp, chicken, pork or beef, cooked
 - Edamame, frozen and shelled
- 3-4 cups of rice, pre-cooked and chilled (short or long grain; white or brown rice)
- 2-3 tbsp of low-sodium soy sauce
- 1 tbsp rice wine vinegar (or substitute lime or other vinegars)
- 1-2 tsp toasted sesame oil
- Additional toppings: sesame seeds, kimchi (usually found in the cold section, near pickles and produce), lime wedges

equipment

- Large skillet or wok, non-stick or cast-iron works well here!
- Cutting board & knife
- Measuring spoons and cups

cooking notes

- Heat 1/2 tbsp of butter in a large skillet over medium-high heat until melted. Add egg, and cook until scrambled, stirring occasionally. Remove egg, and transfer to a separate plate.
- Add an additional 1 tbsp butter to a large skillet and heat until melted on medium heat. Add whatever vegetables you are using and continuously stir. *If any vegetables are frozen, you can start those in the pan first to help them defrost.*
- Add in the garlic and ginger, and continue stirring until soft.
- Add in your pre-cooked protein and stir.
- Increase heat to high, and add in the remaining 1 tbsp of butter and stir until melted. Immediately add the rice, soy sauce, and vinegar; stir until combined. Continue stirring for an additional few minutes to fry the rice. Then add in the eggs and stir to combine.
- Remove from heat and top with additional toppings if using & enjoy!

